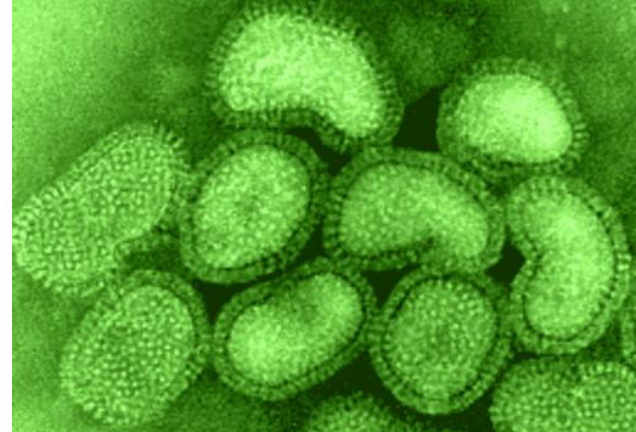


H1N1 Influenza: Lessening the impact

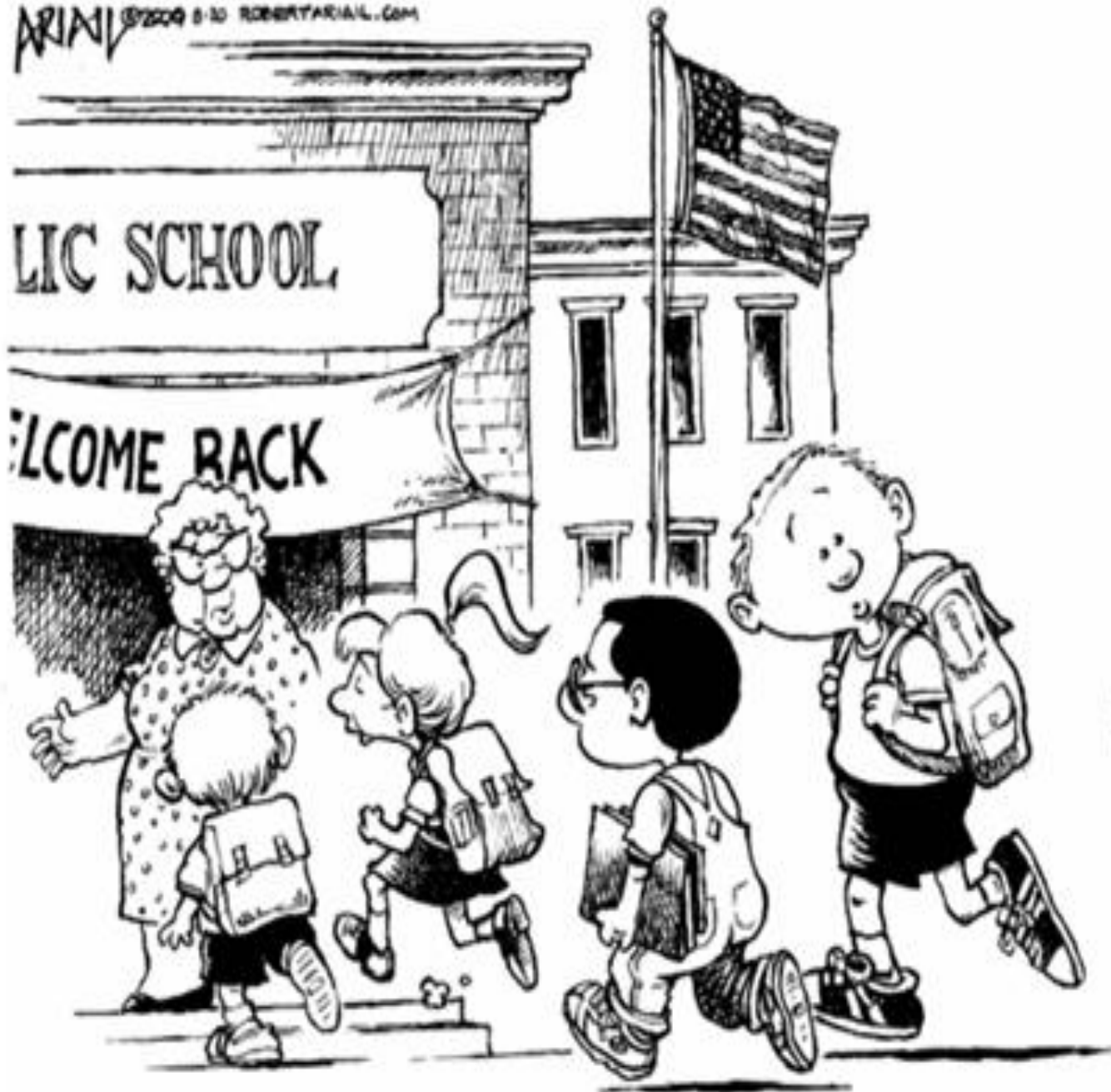


Bill Paul MD, MPH,
Director

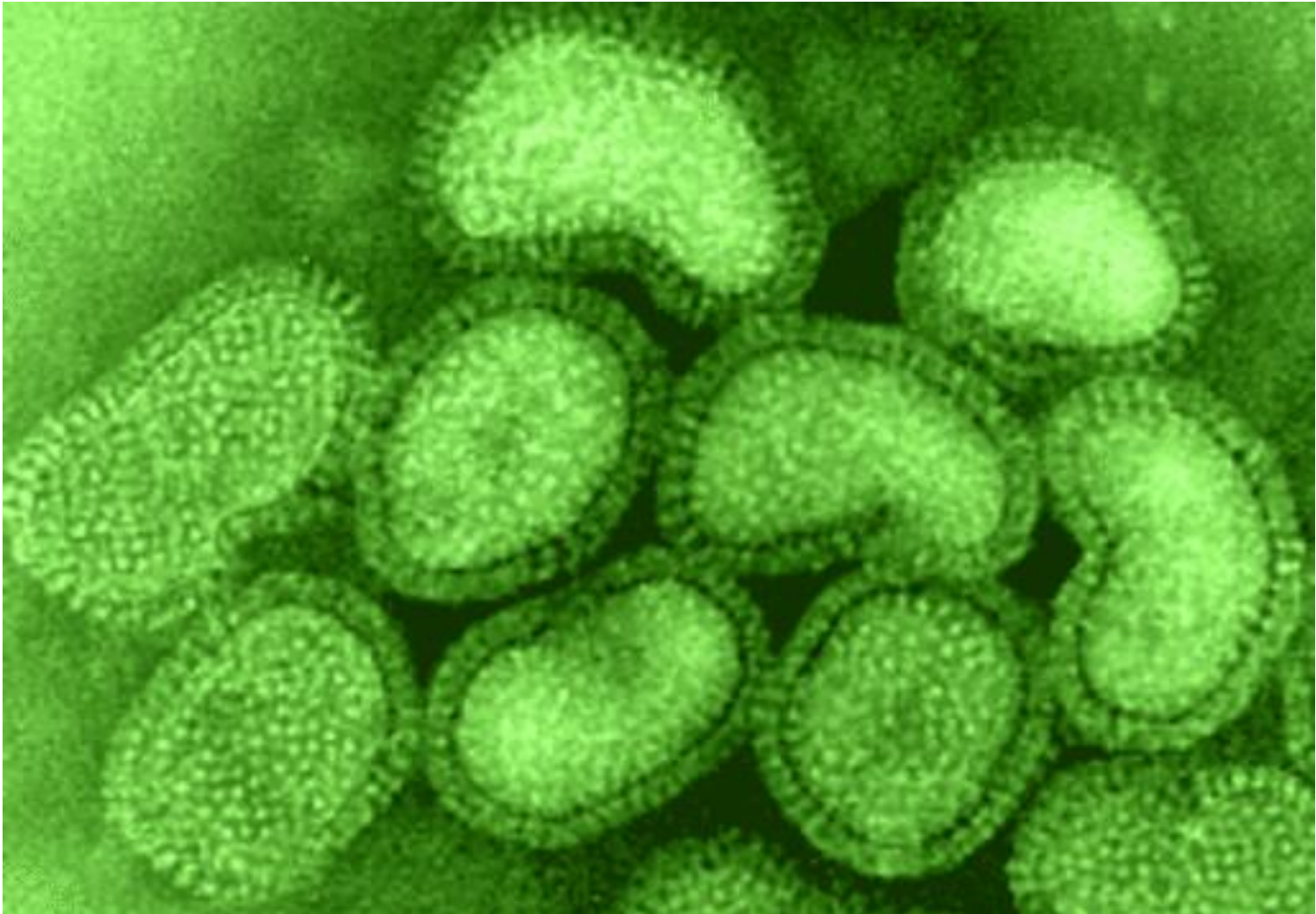
Metro Public Health Department

<http://health.nashville.gov/>





H1N1 101



Symptoms like seasonal flu

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Vomiting (25%) and diarrhea (25%)
(Higher than for seasonal flu.)



Spread Like Seasonal Flu

Primarily through respiratory droplets

- Coughing
- Sneezing
- Touching respiratory droplets on yourself, another person, or an object, then touching mucus membranes (e.g., mouth, nose, eyes) without washing hands



Respiratory Droplets



Formerly Called Swine Flu



- Person to person
- Not spread thru pork or pork products

Testing

- This fall all influenza is H1N1
- H1N1 specific testing is not needed for public health notification, for work or school notification, or for medical treatment
- Rapid tests—limited value



Tamiflu

- Only works if taken within 48 hours of illness
- Shortens illness FROM 4.3 DAYS TO 3 DAYS
- Decreases hospitalization, complications, when used for illness
- Highest Priority: Ill people with high risk of complications



Higher Risk of Complications

- People age 65 years and older
- people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease)
- pregnant women
- young children



Planning *Assumptions*

- Pandemic Wave in fall, mostly H1N1
- Illness similar to seasonal flu, not worse than it was in the spring
- Up to 1/3 of population ill
- Peak illness 5-8% per week
- H1N1 combined with seasonal flu in winter



Personal Responsibility



Cover your Cough

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- Wash hands right away



Wash your hands

- Wash your hands often with soap and warm water, especially after you cough or sneeze. Wash for 15 – 20 seconds
- Alcohol-based hand wipes or gel sanitizers are also effective



Stay Home if You are Sick

- Individuals with Flu Like Illness should remain home for at least 24 hours after they are free of fever without the use of fever-reducing medications
 - 3 to 5 days in most cases
 - Avoid contact with others
- This will not prevent 100%. Virus can spread before fever starts and after fever ends

Be Careful

- Avoid touching your eyes, nose or mouth. Germs spread this way
- Avoid contact with sick people

Enabling Personal Responsibility



What can your organization do to prepare for H1N1 influenza?

- PLAN for how your business can best:
 - Decrease the spread of influenza in your organization
 - Lower the impact of influenza on your organization and operations
 - Protect people who are at increased risk of influenza related complications

What Your Organization Can Do

- Develop or review an Influenza Plan for your organization
- Communicate with employees, volunteers, workers about your plan and about the flu
- Ensure tissues and soap/hand gel are available
- Keep commonly touched surfaces clean
- Review leave policies and allow sick people to stay home; anticipate need for workers to care for ill family members



Continuity of Business

- Identify the essential roles, jobs, functions, or other elements of your organization and how you can maintain these with high levels of absenteeism
- Think about changing work patterns; working from home; working from different sites; flexible shifts



Remember...

- H1N1 flu may come in waves that may last for weeks
- Your employees may hear rumors and incorrect information that may cause them to have fear and anxiety
- Keep them informed about what your organization is doing and what the most recent/accurate information is about the flu—make them a partner in the process



And always the basics...

- Cover coughs and sneezes
- Keep Hands Clean
- Sick persons should go home/stay home
- Clean surfaces/items most likely to have frequent hand contact



Metro Response



Metro Response Goals

- Reduce illness and prevent death
- Sustain vital community services
- Minimize social and economic disruption

Strategies

- Surveillance/Public Health Investigation.
- Communication
 - Public
 - Medical providers
- Vaccine Receipt and Administration

Flu Shots

- Seasonal Flu Shot
 - Now
 - Widely available
- H1N1 flu shot
 - October-November
 - Widely available
 - Public flu shot clinics



H1N1 Priority Groups

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
 - Children from 6 months through 18 years of age
 - Young adults 19 through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

Vaccine targets

- Priority groups who desire to be immunized will have received the vaccine by the end of November.
- MPHD will immunize approximately 130,000 persons during this period.

Objective: Ensure everyone in Nashville can access H1N1 vaccine

- Encourage private physicians, safety net clinics, and other walk-in clinics to provide vaccine to their patients.
- Immunize public school students using teams of nurses led by MPHD staff.
- Immunize private school students through the community clinics and possibly using teams
- Open four community clinics geographically dispersed around the community.
- Ensure day care centers access vaccine
- Educate the community about H1N1 vaccine



PREVENT DISEASE



**CARELESS
SPITTING, COUGHING, SNEEZING,
SPREAD INFLUENZA
and TUBERCULOSIS**



HYDROCLASH COUNTY TUBERCULOSIS ASSOCIATION, NEWY, N. Y.



**Info Line
(615) 340-7775**

**Web Site
<http://health.nashville.gov>**



Metro **Public Health Dept**